

How Scriptural is fasting? Listed below are references to fasting, either full or partial.

Gen. 24:33	Abraham's servant seeking a bride for Isaac
Ex. 34:28	Moses' first period of 40 days on Sinai
Lev. 16:29-31	On the day of Atonement
Lev. 23:14	Until the sheaf of the wave offering was offered
Num. 6:3-4	The law of the Nazarite
Deut. 9:9, 18	Moses' second day period of 40 days on Sinai
Judges 20:26	Israel after their defeat by Benjamin
I Sam. 1:7, 8	Hannah's prayer for a child
I Sam. 7:6	At Mizpah under Samuel
I Sam. 20:24	Jonathan grieved at Saul's hatred of David
I Sam. 28:20	Saul before his death in battle
I Sam. 30:11, 12	Egyptian servant found in the field
2 Sam. 3:35	David at Abner's death
2 Sam. 11:11	Uriah's self-discipline in time of battle
2 Sam. 12:16-23	David for the child of Bathsheba
1 Kings 13:8-24	Prophet who cried against altar at Bethel
1 Kings 17:6, 14-16	Elijah's restricted diet at Cherith and Zarephath
1 Kings 19:8	Elijah on his journey to Horeb
1 Kings 21:9, 12	When Naboth was set on high at Jezebel's instigation
1 Kings 21:27	Ahab in self-humiliation
1 Chron. 10:12	Those who buried Saul and his sons
2 Chron. 20:3	Jehosaphat before battle
Ezra 8:21-23	Ezra by the river Ahava
Ezra 9:5	Ezra mourning for the faithlessness of Exiles
Neh. 1:4	Nehemiah for the restoration of Jerusalem
Neh. 9:1	Israel confessing their sins
Esther 4:3	Jews following Hamon's decree
Esther 4:16	Esther before audience with the King
Esther 9:31	With the feast of Purim
Job 33:19-20	As a result of pain and sickness
Psa. 35:13	On behalf of others
Psa. 69:10	The cause of David's reproach
Isa. 58	The Chosen Fast
Jer. 14:12	That which is unacceptable to God
Jer. 36:6, 9	Baruch reading Jeremiah's scroll
Dan. 1:12-16	Daniel and companions refuse King's food
Dan. 6:18	Darius when Daniel was in the lion's den
Dan. 9:3	Daniel praying for Jerusalem
Dan. 10:2-3	Daniel's three weeks of partial fast
Joel 1:14	In view of the Day of the Lord
Joel 2:12	Returning to God with a whole heart
Joel 2:15	Proclaimed by blowing the trumpet in Zion

Jonah 3:5-9	Proclaimed by the people and king of Nineveh
Zech. 7:3-5	With mourning in the fifth and seventh months
Zech. 8:19	Fourth, fifth, and seven months
Matt.4:2	By Jesus for 40 days
Matt. 6:16-18	Not to be practiced as the hypocrites do
Matt. 9:14, 15	By John's disciples and Pharisees
Matt. 9:15	By the guest when the bridegroom has departed
Matt. 11:18	Temperate character of John the Baptist
Matt 17:21	For deliverance power
Mark 2:18	John's disciples and Pharisees
Mark 2:19, 20	Guest when Bridegroom has departed
Mark 8:3	State of four thousand when Jesus fed them
Mark 9:29	For deliverance power
Luke 2:37	Anna worshipping in the Temple
Luke 4:2	Jesus for 40 days
Luke 5:33	John's disciples and Pharisees
Luke 5:34, 35	Guest when Bridegroom has departed
Luke 7:33	Temperate character of John the Baptist
Luke 18:12	Boastful Pharisees, twice a week
Acts 9:9	Saul of Tarsus after encounter with Christ
Acts 10:30	Cornelius when angel approached him
Acts 13:2, 3	Prophets and teachers in Antioch
Acts 14:23	At the appointment of Elders to the Church
Acts 23:12-21	Jews under an oath to kill Paul
Acts 27:9	Allusion to the annual Day of Atonement
Acts 27: 21, 33	Those with Paul before the shipwreck